

(TMI Journeys, April 2017)

## **SAM EXERCISE EARNS HIGH PRAISE FROM RENOWNED PHYSICIAN, DR. NORM SHEALY**

*by Dr. Norm Shealy*



*C. Norman Shealy, MD, PhD  
CEO, International Institute of Holistic Medicine*

### **MY FAVORITE SAM: Spindrift, Gamma Modulated Music**

During the 2016 Professional Seminar at The Monroe Institute where I delivered the Keynote address, the last exercise we experienced in the Guided Exploration session contained SAM audio technology signals and music. It had a remarkable effect on me. As the first notes came I felt a vibration in my skeleton, starting at my ankles and gradually moving to include my feet and then up my legs to include my entire body. I consider it the most powerful effect I have ever had with any music. I was blessed to be given a CD of this piece, which I have used myself numerous times and with more than a dozen lucky patients.

Early on, I did an EEG computerized brain map at rest and then with the exercise. The effect was significant. My EEG went from alpha to deep delta frequency.

Since then I have been able to feel the vibration move through my body even when sitting at my computer, as long as I use earphones. On two occasions I have had other individuals touch my radius while I am feeling the vibration and they report feeling the vibration in my bone!

I have used the exercise to assist twenty-five patients in relaxing and detaching from anxiety and pain.

Results:

Patient	Pain Reduction	Anxiety Reduction
1.	50%	75%
2.	75%	80%
3.	60%	70%
4.	50%	50%
5.	50%	60%
6.	70%	75%
7.	50%	60%
8.	75%	75%
9.	60%	60%
10.	75%	70%
11.	60%	65%
12.	75%	70%
13.	70%	70%
14.	75%	75%
15.	80%	75%
16.	60%	70%

17.	60%	65%
18.	50%	60%
19.	75%	70%
20.	65%	60%
21.	70%	70%
22.	60%	65%
23.	70%	70%
24.	60%	65%
25.	70%	70%

All of these were single 40-minute sessions in the clinic. Patients were given MP3s to use at home but unfortunately were not consistent in giving feedback later.

I have used Hemi-Sync and music for over forty years and Spindrift, a SAM-supported exercise with music, is by far the most powerful single piece I have experienced with patients.

*The Shealy Institute has been recognized as the most successful and cost-effective pain clinic in the U.S. Over a thirty-year period his clinic treated more than thirty thousand chronically ill patients with a remarkable 85% success rate. Dr. Shealy's ideas are the foundation for pain management therapies used worldwide, and the "Shealy Program" is the mainstay of chronic pain treatment and management sought by patients and physicians alike.*

*Spatial Angle Modulation™ (SAM), a TMI audio technology, offers a rich acoustic environment for program participants to take advantage of while exploring and learning at the far reaches of awareness. As did Hemi-Sync in its early years, SAM continues to be tested, evaluated, and upgraded. TMI listens to users' feedback and actively encourages SAM research and reporting.*

Spindrift, with music by Christopher Lloyd Clark, is one of the powerful SAM-supported exercises in TMI's Event Horizon program.